

AFTER SCHOOL SNACK PROGRAM MEAL PATTERN

SELECT TWO OF THE FOUR COMPONENTS FOR A REIMBURSABLE SNACK

FOOD COMPONENTS AND FOOD ITEMS ¹	CHILDREN AGES 1 and 2	CHILDREN AGES 3 to 5	CHILDREN AGES 6 to 12 ¹
1) Milk			
Fluid Milk	4 fl oz. (1/2 cup)	4 fl oz. (1/2 cup)	8 fl oz. (1 cup)
2) Vegetable or Fruit^{2,9}			
Juice ² , fruit, and or vegetable	1/2 cup	1/2 cup	3/4 cup
3) Grains/Breads^{3,4}			
Bread <i>or</i>	1/2 slice	1/2 slice	1 slice
Cornbread or biscuit or roll or muffin <i>or</i>	1/2 serving	1/2 serving	1 serving
Cold dry cereal ⁴ <i>or</i>	1/4 cup or 1/3 oz. ⁴	1/3 cup or 1/2 oz. ⁴	3/4 cup or 1 oz. ⁴
Cooked cereal grains <i>or</i>	1/4 cup	1/4 cup	1/2 cup
Cooked pasta or noodles	1/4 cup	1/4 cup	1/2 cup
4) Meat/Meat Alternate^{5,6,7}			
Lean meat or poultry or fish ⁵ <i>or</i>	1/2 oz.	1/2 oz.	1 oz.
Alternate protein products ⁶ <i>or</i>	1/2 oz.	1/2 oz.	1 oz.
Cheese <i>or</i>	1/2 oz.	1/2 oz.	1 oz.
Egg (large) <i>or</i>	1/2 large egg	1/2 large egg	1/2 large cup
Cooked dry beans or peas <i>or</i>	1/8 cup	1/8 cup	¼ cup
Peanut or other nut or seed butters <i>or</i>	1 Tbsp.	1 Tbsp.	2 Tbsp.
Nuts and/or seeds ⁷ <i>or</i>	1/2 oz. ⁷	1/2 oz. ⁷	1 oz.
Yogurt ⁸	2 oz. or 1/4 cup	2 oz. or 1/4 cup	4 oz. or 1/2 cup

¹ Children age 12 and older may be served larger portions based on their greater food needs. They may not be served less than the minimum quantities listed in this column.

² Full strength vegetable and / or fruit juice or an equivalent quantity of any combination of vegetable(s), fruit(s) and juice..

³ Grains/breads must be whole-grain or enriched, or made from whole-grain or enriched flour or meal that may include bran and/or germ. Cereal must be whole-grain, enriched, or fortified.

⁴ Either volume (cup) or weight (oz), whichever is less.

⁵ A serving consists of the edible portion of cooked lean meat or poultry or fish.

⁶ Alternate protein products must meet requirements in Appendix A of 7 CFR Part 210.

⁷ Nuts and seeds are generally, not recommended to be served to children ages 1-3 since they present a choking hazard. If served, nuts and seeds should be finely minced.

⁸ Yogurt may be plain or flavored, unsweetened, or sweetened – commercially prepared.

⁹ Juice may not be served when milk is the only other component.